

OVERTHINKING- A disease?

Hello Friends, My name is Pratham Dubey. My friends call me PD, So I'm Rishi for you. Huh just kidding :P. I have a lot of stuff to tell you but but but for that this blog will become a novel. So in this blog, I will tell you what is overthinking and how it can lead to depression and some suggestions that you can implement to keep this in control. I will try to keep this blog as precise as possible, but I'll have to give the important points to provide some sort of aid to people going through all this.

So, let us begin with a brief introduction. Overthinking as suggested by the name is a problem in which a person starts taking things more seriously and start thinking about every small thing but a lot of people compare it with normal conscious thinking but its way more annoying than that because they can't prohibit their minds to not do that as well as they just don't think about an incident they start thinking about everything that's going on or has been. Its symptoms are way too normal that people around them might not understand. The person starts being in their own thoughts, doesn't socialize much, gets annoyed easily, cry a lot, and a lot more. It is very important to make people understand that what they are thinking doesn't really bother them otherwise excessive overthinking might lead to depression.

So, If you know anyone facing this you can be the one to help them get out of that, or if you are the one then you must read the suggestions.

First of all,

Why do you follow my suggestions? Am I a doctor? Am I a professional counselor?

No, I'm none of them. They how do I dare to suggest you!!

Because I have also been through all this...

A person who has gone through helps way better than a person who doesn't even know what it feels to be in that state of mind.

Here are some questions I am giving to you and you should ask these to yourself and answer them from yourself every time you are overthinking about something.

Q1. Is this thing going to affect my future?

Ans- If your answer comes no, then what is the reason for thinking about that thing if it is not going to bother you in the future. But if your answer comes Yes then definitely you should look for other questions.

Q2. Do you start comparing yourself to everything you notice and become sad?

Ans- Yes? Then just think about that if you are comparing yourself to everything you are noticing just try to understand every person has to suffer differently it's not important that you will be suffering that too. And By thinking about that you are just making yourself sad for a moment that is not going to come in your life. Imagine it's very dumb to think about we are going to die one day, become sad, and not living till we are here. You should not be worried about your future without even living happily in the present. I know it's not easy to implement this but if you have a person in your life with whom you are sharing all this then definitely they will be the best one to ask all these questions to you and make you understand all this because it's very hard for a weak and self person to make themselves understand all this.

At last, You are the only one who can get you out of this, Start spending time with your loved ones, don't neglect the thing you are thinking of rather just try to clear that by asking questions and giving answers by yourself so that it doesn't bother you later and most importantly understand that only you are not the one who will be dealing with all this so just love yourself and work on yourself to build your future rather than dealing with the past which doesn't even matters.

I wish this would help you to get a better knowledge and how to get rid of it. Now, it is your duty to help your loved ones be happy and mentally fit again. Spread mental awareness because **Mental health matters**, maybe more than physical health because a person who wants to live can live with some physical problem but if a person is totally physically fit but don't have any interest in living then he is already dead inside.

Remember-

"You can save a life by just listening to them"

